

To blossom & his brain was cooking excitement
& interesting ideas & projects. He's full of helpful
warmth.

I'm reading Sugar Blues by William Duffy. John
Lennon gave it to Allen to read. Traces History of the
white Passion Sugar from English 15th Century on.
& talks about French Herb Forests of medieval times
never abused or disturbed when still so Herbal Sorcerists
pass on remedies from Farther to Son thru WW I & II
Killed off learning Sons. I've gotten lot more energy
from abstaining. Soon I want to cut out molasses.

Farm work is coming along well. My brother
Jubins & I work side by side & he really is a great
worker. I put my other brother Lopeadio in Kings
Park mental hospital because he was going cat
atomic & speechless w/ my mother & it's saving him
great. I can't believe it. He's slowly beginning to
draw & paint again. I got some new generation acid
I'm trying to take - I've been taking acid up at farm
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